

Anxiety Worksheet for Adults

Name	Date												
I. Possible Reasons Why I'm Feeling Anxious Start by thinking about the reasons why you're feeling anxious and write them down 													
II. How Intense is My Anxiety? Rate the intensity of your anxiety on a scale of 1 to 5 ☐ 1 - Barely noticeable: Anxiety is very mild and you can manage it easily. ☐ 2 - Mild: Anxiety is noticeable but not overwhelming. You may feel some discomfort or tension, but you can still function. ☐ 3 - Moderate: Anxiety is noticeable and starting to interfere with your ability to function normally. You may have physical symptoms and difficulty concentrating. ☐ 4 - Severe: Anxiety is intense and making it difficult to function. Physical symptoms may be more severe and you may feel like losing control. ☐ 5 - Overwhelming: Anxiety is completely taking over and you may feel like you can't function. Physical symptoms may be severe and you may feel like you have a panic attack.													
III. Physical Symptoms I'm Experiencing Check all that apply from the list of symptoms provided or add any other symptoms you might be experiencing <table style="width: 100%; border: none;"><tr><td>☐ Heart Palpitations</td><td>☐ Shortness of Breath</td><td>☐ Trembling or Shaking</td></tr><tr><td>☐ Sweating</td><td>☐ Chest Pain or Discomfort</td><td>☐ Headache</td></tr><tr><td>☐ Dizziness or Lightheadedness</td><td>☐ Nausea or Stomach Problems</td><td>☐ Muscle Tension or Pain</td></tr><tr><td colspan="3">☐ Other, please specify:</td></tr></table>		☐ Heart Palpitations	☐ Shortness of Breath	☐ Trembling or Shaking	☐ Sweating	☐ Chest Pain or Discomfort	☐ Headache	☐ Dizziness or Lightheadedness	☐ Nausea or Stomach Problems	☐ Muscle Tension or Pain	☐ Other, please specify:		
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IV. How Often Do I Experience Anxiety? Determine how often you experience anxiety and choose the best option from the list provided or write your answer in the other category ☐ Daily ☐ Weekly ☐ Monthly ☐ Rarely ☐ Others, please specify:													
V. What Are My Triggers for Anxiety? Check the current coping strategies you use to manage anxiety. These could be distractions, exercise, mindfulness, talking to someone, or any other coping mechanism you use <table style="width: 100%; border: none;"><tr><td>☐ Specific situations or events</td><td>☐ Certain people or relationships</td></tr><tr><td>☐ Thoughts or memories</td><td>☐ Environmental factors (e.g., noise, lighting)</td></tr><tr><td colspan="2">☐ Others, please specify:</td></tr></table>		☐ Specific situations or events	☐ Certain people or relationships	☐ Thoughts or memories	☐ Environmental factors (e.g., noise, lighting)	☐ Others, please specify:							
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VI. How Do I Currently Cope With Anxiety? Check the current coping strategies you use to manage anxiety. These could be distractions, exercise, mindfulness, talking to someone, or any other coping mechanism you use <table style="width: 100%; border: none;"><tr><td>☐ Exercise</td><td>☐ Distractions</td><td>☐ Talking to someone</td><td>☐ Mindfulness or relaxation techniques</td></tr><tr><td colspan="4">☐ Others, please specify:</td></tr></table>		☐ Exercise	☐ Distractions	☐ Talking to someone	☐ Mindfulness or relaxation techniques	☐ Others, please specify:							
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VII. What Are Some Additional Coping Strategies I Can Try? Write down additional coping strategies you can try or want to try to help manage your anxiety 													